

2Apples, Cooked30

Number of Servings: 30 (113.32 g per serving)

Amount	Measure	Ingredient
3 1/2	qt	Apples, slices, swtnd, drained, cnd, unheated
1 1/4	cup	Water, municipal
14.00	Tbs	Sugar, brown, packed
4 1/4	tsp	Spice, cinnamon, ground
1.00	tsp	Spice, nutmeg, ground
9 1/2	Tbs	Topping, whipped, lite, Cool Whip

Nutrients per serving

Nutrition Facts			
Serving Size (113g)			
Servings Per Container			
Amount Per Serving			
Calories 90		Calories from Fat 5	
		% Daily Value*	
Total Fat 0.5g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 5mg			0%
Total Carbohydrate 23g			8%
Dietary Fiber 2g			8%
Sugars 21g			
Protein 0g			
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

** Remember each gallon of apples is 16 cups NOT a #10 can

Open cans of apples (packed in water or light syrup) and pour into counter pans or stock pot.

Add water ONLY if more liquid is needed.

Add remaining ingredients. Cover and bake at 350 degrees F until apples are tender and well seasoned, at least 1 hour.

Serve hot, warm or chilled. May serve with 1 teaspoon light Cool Whip/serving (optional).

Serve 1/2 cup portion with #8 scoop or 4 oz ladle = 1 fruit serving

1/2 cup = 24 grams carbohydrate = 1 1/2 Carb Servings